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# VAIRAGYA MALA

SWAMI SIVANANDA

A DIVINE LIFE SOCIETY PUBLICATION





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**SRI SWAMI SIVANANDA**



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**OM**  
DEDICATED TO  
**RAJA BHARTRIHARI**  
**PATTINATTHU PILLIAR**  
AND  
OTHER KINGS OF DISPASSION

**OM**

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## PREFACE

Young, Awakened India needs more of Her sons awakened to the spiritual purpose of their life. They should not add to the burden of population that She patiently bears; on the other hand, they should endeavour to reduce the burden of misery that She patiently endures the misery of Her own children.

This can come to pass only if the picked among Her sons and daughters turn away from the illusory pleasures of the world and dedicate their lives to the cause of human weal. They should renounce the world, embrace the glorious order of Sannyasa, join some institution whose motto is selfless and work for the amelioration of the conditions of the masses in general and the revival of ancient Indian culture. That is the call sounded by Swami Sivanandaji of Rishikesh in this small but inspiring book.

To those who have already entered family life, renunciation takes another form. Their renunciate brethren who have dedicated their lives to the service of the nation, depend upon those who have not so renounced for ensuring a normal living. All humanitarian work has been made possible only through public charity. To the householder, then, the call is to renounce greed for more acquisition, to

renounce attachment to family, wealth and position and in his own way to contribution to the common weal. Swami Sivanandaji has graphically portrayed in this volume the falsities of mundane life, and human affections. Man should turn back to his own Eternal Source: That is to be achieved through selfless service, love of God, meditation and finally Inner Illumination.

We are quite sure that this new chandelier added to the **ELECTRIC ILLUMINATION** system will be welcomed by one and all!

*SWAMI CHIDANANDA*

## INTRODUCTION

The goal of life is the attainment of Self-realisation or God-consciousness. There is One Supreme Undying Principle or Essence, the Brahman or the Absolute Self which dwells in the chambers of your heart and everywhere.

In the whirlpool of fleeting sensual pleasures you have forgotten the purpose of life and its goal. In your pursuit after the phantom shows of worldly vanities, you have annihilated the spiritual instincts and longings of the soul. What a sad state! Mysterious is Maya! Mysterious is Moha!

You cannot remain even for a day without self-shaving. The razor, the mirror and the shaving stick are your objects of worship, as soon as you get up from bed. You cannot walk bare-footed even for a few yards. You want a servant to put on the socks and the shoes and ties the lace. You cannot walk even half a mile. You want a rickshaw or a Tonga. How effeminate you have become! How much degenerated you are!

You have lived in vain! You have wasted this precious life. Hotels, restaurants, cinema houses are your abodes-of-immortality. Really you are leading a miserable life. If you can talk something on dry politics, you think you are a great hero!

Why do you roll in this miserable Samsara? Are

you not ashamed? If you havve real manliness, you must break the chains of earthly bondage, the bondage of birth and death, old age and disease, hunger and thirst! That is courage, that is heroism! That is real manliness. Do not be cowards; start now; fight against worldly delusion; against the mind and the senses!

To wear spectacles at the age of ten, to wear wrist-watch, to buy a car by borrowing money, to wear fashionable dinner-uniform and Ell-wood hat, health boots, to have a French-crop or bobbed- hari, to smoke Three Castles cigarettes or Navy-cut or Manila cigars, to constrict the neck with stiff collars, to walk along the beach with ladies in clasped hands, to have newspaper in their pocket, to have a trimmed or Kaiser-moustache at the middle of the upperlip, to take meat and drink brandy, to play bridge, to gamble, to dance in ball-rooms, to borrow money to go to talkies, and in short, to lead a life of dissipation—this is modern civilisation! Fashion and style have made you beggar of beggars.

There are scorpion stings on one side, flies, bugs, mosquitoes, thorns, trouble you from another corner. Sun scorches you in summer and the biting winter sucks your blood. Influenza, plague, leprosy, fashionable appendicitis, pyorrhoea, small-pox are ready to devour you. Fear, delusion, grief, sorrow and misery kill you every moment.

Desire, anger, jealousy, worry, anxieties and cares and excitements torment you every second. Deaths of persons whom you loved most give you severe shock. Yet you will never renounce this momentary pleasures of senses of this unreal, mundane existence. Such is the depth of sensual enjoyment! You will speak with pride: "Oh, I am a powerful man. I am very clever and intelligent. I can do anything. There is no Isvara." O fool! You will twist your glued moustache and when the scorpion stings you sharp, you will call out bitterly: "Oh, Narayana, help me! If the hair becomes grey you will invent 'monkey-gland grafting' for rejuvenation. If the teeth are fallen, you will put on a new false dental set. You will never leave the 'will to live and enjoy'. Hopeless specimens!

Just reflect for a while your state. As a baby in the womb you are covered with urine and pus and scorched by the fire of hunger. As an adult you are puffed up with the enjoyment of the sense-objects, wife, etc. As a senile old man you become extremely weak in body and mind. A life of delusion amidst women. Money and sensual objects in your pitiable lot.

Life is transitory. Death is incessantly staring at you like a venomous serpent ever ready to strike. Various dire diseases cause much havoc to this body. Youth abandons the body quickly and old age grips

it. He alone is saved who makes haste to utilise this precious life in striving to attain the *Summum Bonum* of life.

Maya, the great juggler, prepares a skeleton, covers it with flesh, and hides the various impurities with a shining skin. O deluded man! How long are you going to call this body as yours? Give up this deluded imagination, and identify yourself with your real Nature—the Satchidananda Svarupa. Are you not tired of saying: “My son is ailing from typhoid. My second daughter is to be married. I have much debts to pay. My wife is worrying me to purchase for her a good necklace. My eldest son-in-law died recently.” Indeed such miseries should open your eyes now at least to the Grand Goal of life.

Human love is hollow. It is mere animal attraction. It is passion only. It is carnal love. It is selfish love. It is ever changing. It is all hypocrisy and sheer show. Dear man! You can find real, lasting love in God and God alone. His love knows no change.

Tell me, friends, how long you will be a slave to fleeting things of the world? How long are you going to repeat the same sensual enjoyments? How long do you wish to worship mammon and woman? When will you find time to meditate on the Lord and to do virtuous deeds? Think and reflect. Is there really any pleasure or happiness in this world? Why do you cling to these mundane objects? Why do you stroll

about here and there like a street dog in search of happiness in this earth-plane? Search within. Look within and introspect and rest in the Supreme Abode of Peace and Immortality now. Never delay a second even. Plod on. March forward. Realise now and be free.

## **CONTENTS**

|                    |    |
|--------------------|----|
| Preface .....      | v  |
| Introduction ..... | vi |

### **CHAPTER I**

#### **PURPOSE OF LIFE**

|   |   |
|---|---|
| 1. Life's Goal .....                    | 3 |
| 2. Lay Down Thy Burden of Anxiety ..... | 4 |
| 3. Topics of the World .....            | 5 |
| 4. Wake up Now Atleast .....            | 6 |

### **CHAPTER II**

#### **DELUDING MAYA**

|                                      |    |
|--------------------------------------|----|
| 5. Maya's Polish .....               | 7  |
| 6. Maya's Sugar-coated Tablets ..... | 9  |
| 7. Maya's tempting Baits .....       | 10 |
| 8. This is All Maya .....            | 11 |
| 9. Maya's Vicious Circle .....       | 12 |
| 10. The World Is Maya .....          | 13 |
| 11. Maya's Veil .....                | 14 |

### **CHAPTER III**

#### **THE EVANESCENT WORLD**

|                                     |    |
|-------------------------------------|----|
| 12. Human Love is Hollow .....      | 15 |
| 13. Trust Not the Appearances ..... | 16 |
| 14. This Body is a Bubble .....     | 17 |
| 15. Life's End is Only Dust .....   | 18 |
| 16. Sikhandar Badshaw .....         | 19 |

|     |                               |    |
|-----|-------------------------------|----|
| 17. | Story of a Pig .....          | 20 |
| 18. | Life Here Is Transitory ..... | 21 |
| 19. | Wake Up O! Man .....          | 22 |

## **CHAPTER IV**

### MISERABLE MUNDANE LIFE

|     |   |    |
|-----|---|----|
| 20. | Discontentment Everywhere .....               | 23 |
| 21. | Defects of Sensual Pleasures .....            | 24 |
| 22. | Not Even an Iota of Pleasure in Objects ..... | 25 |
| 23. | Seek Not Mundane Life Any More .....          | 26 |
| 24. | Nature of this World .....                    | 27 |
| 25. | Miseries of Family Life .....                 | 28 |

## **CHAPTER V**

### VANITY FAIR

|     |                                  |    |
|-----|----------------------------------|----|
| 26. | Get the Ticket Now .....         | 29 |
| 27. | The Balm and Bliss of Life ..... | 31 |
| 28. | Black Market .....               | 32 |
| 29. | Be straight Forward .....        | 33 |
| 30. | Boot-Legging .....               | 34 |
| 31. | Various Sorts of Palm Oil .....  | 35 |
| 32. | Atma Bahadurs .....              | 37 |
| 33. | Cut Meum And Tuum .....          | 38 |

## **CHAPTER VI**

### WHAT A LAMENTABLE

|     |                                |    |
|-----|--------------------------------|----|
| 34. | Listen, O Flaming Youth! ..... | 39 |
| 35. | Cling to Lord's Feet .....     | 40 |

|     |                                   |    |
|-----|-----------------------------------|----|
| 36. | Stand up and Confess .....        | 41 |
| 37. | “Khoon Kharab Hogaya” .....       | 42 |
| 38. | Who Will Help You, O Sinner ..... | 43 |
| 39. | Passion Bye-Products .....        | 44 |

**CHAPTER VII**  
**KILL THE BRUTE NATURE**

|     |                                |    |
|-----|--------------------------------|----|
| 40. | Kill the Brute in You .....    | 45 |
| 41. | Destroy the Craving Seed ..... | 46 |

**CHAPTER VIII**  
**ABANDON APING**

|     |                              |    |
|-----|------------------------------|----|
| 42. | American Fashion .....       | 47 |
| 43. | Give up Vile Imitation ..... | 49 |
| 44. | Your Real Friend .....       | 50 |

**CHAPTER IX**  
**MIND IS ALPHA TO OMEGA**

|     |                                   |    |
|-----|-----------------------------------|----|
| 45. | Heaven and Hell .....             | 51 |
| 46. | Prince and the Jackal .....       | 53 |
| 47. | Live in Boundary-less Realm ..... | 54 |

**CHAPTER X**  
**LEAD A CARE-FREE LIFE**

|     |                            |    |
|-----|----------------------------|----|
| 48. | Cure for Anxieties .....   | 55 |
| 49. | Birds Are Very Happy ..... | 56 |

## **CHAPTER XI**

### **ADMONITIONS**

|     |  |    |
|-----|--|----|
| 50. | Bliss and Pleasure .....                       | 57 |
| 51. | Beware, Oh! Aspirants .....                    | 58 |
| 52. | Forms of Lust .....                            | 59 |
| 53. | Desire Brings Pain .....                       | 60 |
| 54. | Renounce all Obstacles .....                   | 61 |
| 55. | Abandon these Three .....                      | 62 |
| 56. | Sri Theen-Zero-000 Bhrashtanandaji Maharaj ... | 63 |
| 57. | Message of Freedom .....                       | 64 |

## **CHAPTER XII**

### **YOUR REAL NATURE**

|     |                                      |    |
|-----|--------------------------------------|----|
| 58. | Cosmic Power House .....             | 65 |
| 59. | Third World War .....                | 66 |
| 60. | Your Wife Became a Widow .....       | 67 |
| 61. | Weep not, Stand up! .....            | 68 |
| 62. | Go Back to Your Original Abode ..... | 69 |
| 63. | Wake up, Darling! .....              | 70 |

## **APPENDIX**

|     |                                       |    |
|-----|---------------------------------------|----|
| 64. | The Little "I" Fused! .....           | 71 |
| 65. | I Live in Silence .....               | 72 |
| 66. | My Sweet Abode .....                  | 73 |
| 67. | Mine is the Sovereignty Supreme ..... | 74 |
| 68. | Maya's Meshes .....                   | 75 |
| 69. | Ocean of Samsara .....                | 76 |

35

1<sup>st</sup> August 1943.

Blessed Ram,

your life in this earth plane is a life of temptation. You are born for Self-realisation. But you are led astray by the temptations of this world.

The desire to attain Knowledge of the Self will dawn in you when you are free from desires for sense objects.

Develop the strength of will through eradication of desires and likes and dislikes and meditation on the immortal Atma.

Sivananda

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# **VAIRAGYA MALA**



## CHAPTER I

### PURPOSE OF LIFE

#### 1. LIFE'S GOAL

Life is not meant for eating and drinking,  
For gratifying passions and hoarding money.  
It is meant for attaining God-realisation  
By breaking the bonds of Karma,  
By destroying desires, Raga Dvesha and egoism,  
By annihilating ignorance and tearing the veils,  
By rising above impurity, imperfection and limitation.  
Keep your body, mind and soul  
In harmony, poise and peace.  
Patiently try to reach the goal.  
Pray. Do Kirtan. Restrain the senses and meditate.  
Vairagya and Abhyasa, patience and perseverance  
Are the four wheels of the spiritual car.  
The car will take you to the temple of Self-realisation.  
Sit in the car and reach your fine abode of bliss!

**2. LAY DOWN THY BURDEN OF ANXIETY**

O ignorant man! Give up thy vanity!

Money is not thy goal:

Power or fame is not thy goal.

Beware of Maya's tricks or jugglery.

Lay down thy unnecessary burden of anxiety.

Take refuge at the Lotus Feet of the Lord.

He will not forsake thee:

He will give peace to thy soul:

He will give eternal rest to thy wandering mind.

Hear the voice of thy King, the Prince of Peace,  
Who dwells silently in the chambers of Thy heart.

Sing: Hara Hara Hara Hara Hara Hara Bhum,

Hari Hari Hari Hari Hari Hari OM.

### 3. TOPICS OF THE WORLD

Oh! What a Great joy!

Hon'ble Sir Khedkar is blessed with a son;  
Maharaja Ram Singh has married Swarnalatha;  
Hon'ble Andakar is now the Premier.

Oh! What a great sorrow!

Mr. Robertson has divorced Elizabeth;  
Bhushan Kumari was kidnapped;  
Raj Kumar's only son died yesterday.

Oh! What a terrible scene!

One hundred houses were burnt last night;  
Three hundred persons were stabbed;  
Fifty bombs were thrown on the Station;  
There was earth-quake at Lucknow;  
There was cyclone at Amsterdam.

Milk is very, very dear at Badri;  
Apple is very cheap at Srinagar;  
Sambhar is nice; Rasagulla is fine;  
Suet pudding is lovely; Golkoppa is appetising;

O Man! Give up these little talks;  
Talk on Brahman, the Eternal Bliss.  
Soar high and attain the Infinite  
Through purity and meditation.

**4. WAKE UP NOW ATLEAST**

O man! You are living in vain,  
You have wasted your life,  
You have not cut off your desires,  
You have not severed the ties or bonds,  
You have not worshipped Lord Hari,  
You have not chanted the eight letters,  
Fie on thee! O miserable wretch!

Wake up now at least.

There is still hope for you;

Lord Hari is most gracious.

Sing His glory. Do Kirtan. Repeat His name.

Serve Saints. Speak of Badri,

Tirupathi, Pandarpur, Puri, Mathura,

Brindavan, Ayodhya, Guruvayur.

You will soon attain Immortal Bliss.

## CHAPTER II

# **DELUDING MAYA**

### **5. MAYA'S POLISH**

O Man! O Fool! Wake up from the slumber  
of ignorance.

Develop dispassion, discrimination and enquire  
“WHO am I?”

You will free yourself from Maya’s clutches,  
You will attain the Eternal Bliss of Brahman.

### 6. MAYA'S SUGAR-COATED TABLETS

Maya performs great tricks;  
She deludes the ignorant Jivas.  
Behind the sugar-coating there is the bitter quinine,  
Even so, behind the garden of sensual pleasures  
There is the vale of tears;  
Behind the smile of a woman there are  
Hatred, deception, cunningness, insincerity;  
Behind the scarlet-lips there are  
Phlegm and disease-causing germs;  
Behind the rosy cheeks there is raw flesh;  
Behind the buoyant youth there is the old age  
With tottering steps;  
Behind beauty there is ugliness;  
Behind the charm of this universe.  
There are death, diseases, snake-bites,  
Scorpion sting, censure, dishonour,  
Earthquake, cyclone, war and atom bombs.  
Do not be duped by this tempting Maya,  
Know thyself and be free.

### 7. MAYA'S TEMPTING BAITS

The hunter spreads the net  
And puts grains to catch the birds.  
He spreads grains not out of compassion  
But he wants to seize the birds!  
The fisherman gives for the fishes something to eat.  
He does this, not to appease their hunger  
But because of his motive to catch them.  
The birds and fishes are caught now  
On account of their greed:  
  
Even so Maya tempts the ignorant Jivas.  
A little coating of sensual pleasure over  
Intense pain-giving objects,  
A little sugar-coating over the  
Ever-bitter quinine pills  
Is Maya's bait.  
She spreads the net  
And puts the grains of soft touch.  
Beautiful forms, sweet sounds,  
Varieties of taste and smell.  
The ignorant souls are caught now.  
They cannot escape.  
O Man! develop dispassion and discrimination.  
Live in the company of sages.  
Tear the Maya's net,  
And attain Freedom and Eternal Bliss.

**8. THIS IS ALL MAYA**

One child is born with two heads,  
Another child is born with two eyes on the forehead;  
One child is born with long teeth;  
Twins are born united at the hip;  
Quintuplets also survive;  
These are all freaks of nature.

Maya can do anything and everything.  
There is nothing strange here for a Vedantin.  
He knows, "These are all Maya's tricks and ways.  
These indicate that the world is unreal."  
Transcend Maya through wisdom.  
Attain the one Living Reality—Brahman,  
And be happy for ever.

### 9. MAYA'S VICIOUS CIRCLE

I asked a firewood cutter:

“Why do you cut firewood?”

He replied: “I must fill up my belly.”

I asked him again: “Why do you fill up your belly?”

He replied: “I must cut firewood.”

This is a Chakra or vicious circle.

The Sambhar or soup is more in the plate,

The man wants some more rice to eat,

Because there is extra Sambhar in the plate:

The rice has become more now,

So he wants some more Sambhar.

This is also a Chakra or vicious circle.

A man lost his first wife.

He worries about his children.

He marries a second wife to look after his first  
wife's children;

Some more children are born now.

This is also a Chakra or vicious circle.

Man does Karma,

Enjoys the fruits and multiplies his Vasanas;

Vasanas force him to do Karmas again

Work, then Vasana, then work again, then again  
Vasana.

This is also a vicious circle.

O spiritual hero! Attain knowledge of Atman:

Break all such circles and become free.

**10. THE WORLD IS MAYA**

One thing is certain here, everybody dies.  
One thing is certain here, flowers fade.  
One thing is certain here, youth passes away quickly.  
One thing is certain here, all suffer from some  
disease or other.  
One thing is certain here, money and women  
cannot make one happy.  
One thing is certain here, life is uncertain.  
One thing is certain here, wealth and woman  
intoxicate.  
One thing is certain here, all are selfish and greedy.  
One thing is certain here, lust is the enemy of peace.  
One thing is certain here, every action has its own  
reaction, good or bad.  
One thing is certain here, Satsanga; will make  
a man divine.  
One thing is certain here, God-realisation.  
Alone will make you immortal and happy.

## 11. MAYA'S VEIL

At every step she puts a veil.  
Do not think that you will have to break  
Only one veil at the last stage of Sadhana.  
Maya puts countless veils:  
Attachment, cravings, desire,  
Likes and dislikes, infatuation,  
Pride, jealousy, hatred, greed,  
Sexual instincts, impulses and urges,  
The five Koshas, running after Siddhis,  
False contentment in Sadhana,  
Clouded understanding, grossness of intellect,  
Are all forms of Her veil.  
If you are a little careless and non-vigilant  
She puts veil after veil.  
You have to encounter countless veils,  
All of which have to be torn down.  
Persevere, plod on, march courageously.  
Be regular in your Sadhana.  
Practise eternal vigilance and introspection;  
Pray, do Japa, worship and meditate:  
Maya can never, never approach you.  
You will have ever the grace of the Lord:  
All the veils will be torn.

### CHAPTER III

## THE EVANESCENT WORLD

### 12. HUMAN LOVE IS HOLLOW

The husband says to his wife  
“Beloved darling! I love you like anything.  
You are my life and soul!!  
I cannot live without you even a moment!  
Thou art very dear to me, indeed.”  
The wife says to the husband  
“Thou art my sweet darling!  
Thou art the apple of my eye!!  
How I love you: God only knows!!  
My life-breath will depart  
If I do not see you even for a second.”  
This conversation takes place at night;  
In the early morning, he may divorce her  
Or she may divorce him!  
This is the depth of their affection and love born of skin  
This is human love: this is passion  
It is as hollow as the bamboo.  
Develop pure, divine love-born of soul  
It will last for ever.

**13. TRUST NOT THE APPEARANCES**

Some mangoes present a beautiful appearance,  
The colour is tempting:  
But they are sour and full of fibres.  
Some women are very beautiful  
But they are quarrelsome and hot tempered!  
Imitation silk is more attractive than the real silk.  
Maya appears to be more brilliant than Brahman.  
Why then man gets stuck to these illusory things?  
This is the trick of Maya.  
O ignorant man beware of the false show  
You will be caught in the wheel of birth and death.  
Maya is transitory, illusory and enchanting.  
Find out the Truth and rest in Truth.

**14. THIS BODY IS A BUBBLE**

This body is changing and perishable.  
It is soaked and flowing over with filth.  
It is a product of Sukla-Sronita.  
It is a mere bubble or appearance.  
It is like a mirage or snake-in-the rope.  
It is a shadow or reflection.  
O ignorant Man! Why did you take it for real?  
Is there a greater fool than you?  
If the messenger of death comes,  
Have you a reply ready?  
Is there any greater traitor than you?  
Can you be safe here?  
Should you not take as real only the eternal Soul?  
Give up this false identification with the body,  
Repeat "Aham Brahmasmi" "Sivoham, Soham"  
"Satchidananda Svaroopoham."

**15. LIFE'S END IS ONLY DUST**

Mundane life is all unreal,  
It is illusory and transitory.  
Its end is only dust.  
It is full of pains, sorrows,  
Fights, tears, bandaging and dressing.  
There is nothing but tall talk,  
Gossiping, eating and sleeping.  
Mundane experience has no value, no reality.  
God alone is real.  
Sing, O man, His praise!  
Delay not: meditate on Him—  
The mighty stream of bliss,  
Flood of silence, Thy supreme King,  
Nectar never-satiating.

### 16. SIKHANDAR BADSHAW

He repented very much and reflected—  
“I have lived in vain till now;  
I have wasted my life in worthless sensual pleasures;  
My senses and body are cold now; I am weak  
I cannot do any meditation now:  
At least let me teach a lesson to the public!”  
He arranged for a procession.  
The horses and elephants carried the jewels, and wealth.  
His four doctors followed him.  
All his relatives went in front.  
He walked with his palms stretched outside!  
His ministers and relatives thought now—  
“Sikhandar has gone out of his senses.”  
But it was not so:  
He wanted to teach the people—  
“The wealth of the world is useless;  
It will not follow any one.  
The doctors cannot save anybody’s life.  
All relatives are selfish.  
One has to leave this world with empty hands!  
He came naked:  
And will go naked!”  
What sublime teaching indeed!

### 17. STORY OF A PIG

Once Rishi Narada,  
 Felt pity for a pig and said—  
 “Come with me to heaven O friend!  
 You will enjoy happiness for ever.  
 You can move in a celestial car;  
 You can partake celestial feasts;  
 You can enjoy celestial music and dance;  
 Celestial damsels will serve you.”

The Pig replied, “O adorable Rishi!  
 Is there fresh offal there?”

The Rishi said, “There is no offal there?”  
 “Then I will not come!” replied the pig.  
 O ignorant worldlings!  
 Do not behave like this pig  
 Do not say, “What can Moksha give me?  
 What is the use of entering into Nirvikalpa Samadhi?  
 Why lose one’s own individuality?  
 What is the use of remaining like a block of  
 stone in Samadhi?  
 What power and comfort can Yoga give us?  
 What is the use of renouncing world  
 And leading a beggarly life of a Sadhu?  
 O ignorant man! The pleasures of the three worlds  
 Is a mere drop in the ocean of bliss and Brahman!  
 This world is a ball of fire and full of pains.  
 Know thyself and attain immortal bliss.”

**18. LIFE HERE IS TRANSITORY**

Life is like the lightning flash.  
It is fleeting and transitory.  
It fades quickly like the rainbow,  
Like the impression on the water!  
It is like a bubble or dream,  
Shadow, mist or mirage:  
And yet man thinks that life is permanent here.  
This is Maya's delusion, mind's jugglery  
It is deception of the senses.  
Wake up, O Man! from this long slumber!  
Understand Maya's tricks and learn to discriminate  
Attain knowledge of the Infinite,  
And enjoy Immortal Bliss of Brahman.

## 19. WAKE UP O! MAN

Oh, This is very beautiful world with gardens,  
Picturesque landscape, beautiful wife, wealth,  
Car, bungalow, tea, coffee, cocoa, laddus, rasgullas,  
intelligent, I.A.S. sons and M.B.B.S. daughters.  
O! Man, have you analysed all your experiences?  
These are your experience, Pain, sorrow, misery,  
disease, old age and death,  
Momentary excitement, momentary sensations of  
flesh,  
Momentary itching and scratching of nerves,  
senses and mind.  
But the experience of a life a meditation,  
dispassion and renunciation,  
Is freedom, perfection, independence,  
Supreme Peace and Immortal Bliss.  
Now at least wake up, O! Man, and realise  
your real essential divine nature.

## CHAPTER IV

### MISERABLE MUNDANE LIFE

#### 20. DISCONTENTMENT EVERYWHERE

The Sessions Judge is very discontented;  
He thirsts to become a High Court Judge.

The Minister is also discontented;  
He longs to become the Premier.

A millionaire is discontented;  
He yearns to become a Crorepatti.

The husband is discontented;  
His wife is black and thin,—  
He wants to marry another wife  
  with good complexion.

The wife is discontented;  
She wants to divorce and marry a rich,  
  young husband.

A lean man is discontented;  
He wants to put on fat and gulps cod liver oil.

A fat man is discontented;  
He wants to reduce his fat and takes anti-fat pills!

No man is contented in this world,  
Real, eternal satisfaction comes only  
Through attainment of the All-full Atman.  
Therefore realise this Self-contained Paripurna Self.

## 21. DEFECTS OF SENSUAL PLEASURES

Pleasure is the cause or womb of pain.  
 Sensual pleasure is illusory and transitory.  
 It is no pleasure at all.  
 It is mere nerve-itching and nerve-titillation.  
 Many dangers accompany sensual pleasure—  
 They are attachment, fear,  
 Craving, restlessness, sin and exertion.  
 The mind gets attached to pleasure-giving objects;  
 It becomes difficult to wean the mind.  
 It ever thinks and thinks of objects only.  
 There is fear “What shall I do if I lose the object.”  
 You get irritated with those people  
 Who stand in your way of gratifying your desires.  
 There is intense craving for objects;  
 This causes severe restlessness of mind,  
 You cannot enjoy peace of mind even for a second:  
 Cares, worries and anxieties torment you always!  
 You will have to exert much for possessing the objects;  
 In exertion you commit sin;  
 You hurt several people.  
 Therefore shun ruthlessly sensual pleasures,  
 Ever remember these defects of sensual life—  
 Seek the immortal Brahmic Bliss.

**22. NOT EVEN AN IOTA OF PLEASURE IN OBJECTS**

When a man knows that arsenic is a poison,  
He will never eat it;  
He is terribly afraid of arsenic!  
If a man places before you  
A plate of delicious sweetened rice;  
And says, "This contains a few grains of arsenic."  
You will never dare to touch it even!  
You have a strong conviction  
That arsenic will kill you.  
Even so such a strong conviction  
You should have that objects  
Are the source of pain only;  
That they do not contain an iota of pleasure.  
Then alone will your mind rest peacefully;  
Then alone it will not run towards objects  
And think of them constantly,  
Then and then alone can you make progress  
In the spiritual path or the path of Yoga.

### **23. SEEK NOT MUNDANE LIFE ANY MORE**

Have you not understood the nature of mundane life?  
Have you not realised the magnitude of  
human sufferings?

Have you not seen sorrow, pain and ill in all things here?

Have you been really benefited by the earthly life?  
Have your wife and children given you real happiness?  
Have money, power, name and fame, car, bungalows  
Given you real lasting solace?

Have you got a single, sincere friend here?  
Have you really grasped the nature of Maya?

Come thou not back again to birth here!

Abandon ruthlessly this clinging to this earthly life,  
The "will to live and enjoy here!"

Happiness here in objects is a will-o-the-wisp,  
The ignis-fatuus, an illusory mirage.

Serve, love, purify, meditate on the Immortal Atman.  
You will soon attain Supreme Blessedness.

**24. NATURE OF THIS WORLD**

One man had strangulated hernia;  
People ran hither and thither to bring the Civil Surgeon.  
One man drowned himself in the Ganges.  
One man had a fall from the roof.  
There was a motor car accident near Visvanatha  
Mandir,  
One had a severe scorpion bite,  
He is dancing and weeping  
And beating those who come near him.  
One man's three children died on the same day.  
This is the nature of the world!  
No man is totally happy even for a minute.  
O man! Wake up from the slumber of ignorance.  
Do not search for happiness here any more.  
Cling to the lotus feet of the Lord.  
Do Kirtan, repeat His Name constantly.  
Meditate and attain God-realisation.  
You are really blessed now.

### 25. MISERIES OF FAMILY LIFE

Want of a son gives unhappiness  
 To a married couple.  
 As soon as the woman conceives,  
 There is the fear of abortion.  
 If the child attains the full term in the womb,  
 There is the terrible pain during child birth.  
 During infancy there is the trouble caused by diseases.  
 Then there is the fear of his turning out a blockhead.  
 Suppose he turns out a learned man,  
 There is the anxiety about his marriage.  
 There is anxiety about his contracting  
 Vices like adultery, drinking, gambling, etc.  
 There is also the anxiety of his being  
 Reduced to beggary by supporting many children.  
 Supposing he amasses wealth,  
 There is the fear of his being snatched away by death.  
 Thus there is no end to the misery of parents.  
 O man! lead a life of Brahmachari.  
 Practise meditation and attain Self-realisation.  
 Do not get yourself entangled in marriage.  
 Marriage is a curse, marriage is a great bondage.  
 As a Brahmachari, you can eat anywhere you like,  
 You can sleep anywhere you like.  
 You are absolutely free.  
 Lead the life of a single-blessedness,  
 And roam about happily.

## CHAPTER V

### VANITY FAIR

#### 26. GET THE TICKET NOW

Just listen, friends, with rapt attention—  
Vice-Chancellorship in Universities  
Visiting Professorship in Foreign Universities  
Ph.D., D.Litt., Titles or Research Scholarship,  
Series of “Norton Lectures” in the University Halls  
Or Nobel Prize or Gold Medals or gold Keys,  
Cannot make one fit to enter the Hall of Wisdom  
Or even to approach the verandah of this Hall!  
It is very difficult to cast off these Ph.D. and

D.Litt. abhimans;

They only thicken your veil of ignorance!  
The path of Yoga or Vedanta is a precipitous one.  
It is the razor path.

It is not “arm-chair” philosophy,  
Or lecturing for two periods in a week!  
It demands renunciation and dispassion.  
Are you prepared to sacrifice all  
Even your life and to bear insults and injury?  
Are you prepared to beg in the streets with  
the bowl in your hand?

Are you equipped with the four means?  
Then, come, be quick, get the ticket now  
And enter the Yoga-Vedanta Forest University.  
Discipline yourself and swim in the ocean  
of immortal bliss.

Tell me frankly, are you a "Dheera"?  
Have you got broad tolerance, equal vision,  
Endurance and unrestrained and spontaneous  
generosity,

Chitta-visalata, simplicity of a child?  
You cannot attain these in the Universities  
Waste not this precious life  
In intellectual gymnastics and mental acrobatics,  
In mere coining and weaving of phrases.  
This will not give you Moksha or freedom.

**27. THE BALM AND BLISS OF LIFE**

Friend! come out of your cobwebs  
Of useless learning and pedantry!  
Find in your own Inner Self  
The balm and bliss of life.  
Do not think of the past or of the future,  
But remain in that Non-dual State,  
Without the dualities of love and hatred.  
Mind is the thief who robbed you of the Atmic pearl.  
Destroy the baneful root of mind;  
The tree of birth and death will also be destroyed.

**26. BLACK MARKET**

Wherever there is Tamas or darkness,  
There is black market.

Wherever there is ignorance or Avidya,  
There is black market.

Wherever there is untruthful transactions,  
There is black market.

The wife or husband becomes unfaithful;  
The disciple speaks ill of his Guru;  
The superior gets bribes from the subordinates;  
Here is black market.

Wherever there is greed and selfishness,  
There is black market.

The Jnana Surya does not shine here.

Unity and cosmic love run away from here.  
Satyam, Shubham do not abide here.

Peace does not reign here.

Black market dealer has no Tejas.

He is a slayer of Atman.

His face is coal-tarred.

He is a burden on this earth.

His ill-earned wealth will soon vanish,

For he has cut the throats of his brothers.

He will directly proceed to the darkest hells.

Therefore, O man! Abandon black-marketing!

Be truthful and attain eternal Bliss.

**29. BE STRAIGHT FORWARD**

Fill not your pockets by plundering the poor.  
The walls of palaces of big zamindars  
Are built out of the blood of the poor tenants!  
They will suffer severely in the hell  
For their deeds of cruelty.  
They will be born in wombs of animals.  
So also those who have become rich  
By charging heavy interest, black-marketing,  
And other crooked ways in business.  
Be straight and simple in your speech;  
Twist not your speech and its meaning  
By intelligent methods and diplomatic turns.  
Abandon text-torturing in religious discussions,  
Twisting and confounding Penal Code  
To have a roaring practice at the Bar!  
Be truthful, God-fearing and compassionate:  
The doors of Immortal Bliss will be open unto thee.

**30. BOOT-LEGGING**

Boot-legging is a variety of smuggling—  
The cheat conceals opium etc., within a special boot  
He walks decently like a gentleman  
But the expert Custom Officer detects him somehow  
And prosecutes him.  
An European lady concealed a lot of diamonds  
Within the toy of her baby and escaped;  
This is one form of smuggling.  
Some make a hole in the book  
Conceal opium in it by sticking some pages:  
He also walks like a gentleman with a book in his hand.  
This man is also found out and punished.  
Man devours diamond and gold in the mines;  
He is X-rayed and given purgatives;  
He too is found out.  
O Man! Why do you degrade yourself thus?  
You are the Lord of the whole wealth of three worlds.  
Give up all these vile habits;  
Meditate, realise the Lord and possess all His Wealth!

### 31. VARIOUS SORTS OF PALM OIL

Some get Christmas presents.  
Some get their share of mangoes,  
Clothes, dhall, rice, etc.  
Some get 5 percent, some 10 percent,  
Some get half and half, fifty-fifty.  
Some times the Mem-Sahib gets a cheque.  
And some sovereign at the back-door.  
For some a big envelope is placed in their pockets.  
Some get a gift of a motor car.  
This is another form of decent tip or palm oil.  
Intelligent people adopt intelligent methods.  
Greater the perversion, greater the tricks.  
Greater the intelligence, more refined is the method.  
Then the work too is done at once;  
Then the signature and sanction come immediately!  
All these people kill their conscience and soul.  
This will continue from birth to birth.  
They do not know what they are doing.  
What a great delusion!  
They get a direct passport to Raurava hell.  
Many have become rich through palm oil;  
But their money will go to the doctors  
Thieves and dacoits!  
Sons will squander the money.  
The hands will be affected with leprosy.

O Ignorant Man! Give up this corruption.  
Live within your means. Lead a virtuous life,  
Vedanayagam put his wife in jail  
For accepting some betel leaves.  
What a noble, exalted soul!  
Be pure like him.  
Slay not thy soul and conscience.  
Spiritual wealth is the inexhaustible wealth,  
Be pure and reach the goal in this very birth.

**32. ATMA BAHADURS**

Old Rao Bahadurs feel miserable now,  
Because they have lost their titles;  
But old memories bring them elation!  
Just as the Bankrupt gets some pleasure  
When he goes through old account books,  
So also they get some pleasure  
When they look at their letter-heads  
And think of their past tea parties,  
When people call them even now "Rao Bahadur Saheb!"  
Poor Rao Bahadurs! Open your eyes!  
Do not be carried away by false titles.  
Once you were totally blind and so you were duped.  
Become a real Bahadur now  
By disciplining the mind and subjugating the senses  
And resting in your own Satchidananda Svaroopa.  
Glory to such "Atma Bahadurs!"  
Indian Union wants such Atma Bahadurs now.  
May the world abound with Atma Bahadurs!

**33. CUT MEUM AND TUUM**

Cut and tear this veil of Meum (Mine) and Tuum (thine)  
Destroy all sorts of mundane relationship—  
Kakka, Chacha, Bathihya,  
Mamma, Ammanjee, Bhabee, Beebee..  
Keep relationship with the Absolute alone!  
This world is empty, hollow and essenceless.  
The charm of youth is fleeting.  
Money passes from one hand to another.  
Millionaire becomes beggar!  
Young damsel becomes an old woman!  
Build not bungalows here,  
You will be attached to them;  
You will forget the real Home.  
Be ever unattached and free.

## CHAPTER VI

### WHAT A LAMENTABLE STATE

#### 34. LISTEN, O FLAMING YOUTH!

O Flaming Youth! of two and twenty,  
With son, laughter and “gup-chap”  
With whistling, jumping and dancing,  
With young blood, swearing and twisting of moustache;  
Thy charm lasts only for a minute.  
Passion throws you in the dark abyss.  
Thy charm vanishes in the twinkling of an eye.  
The burden of Samsara depletes your energy.  
Skin shrinks, teeth fall, eyes sink;  
You become an object of ridicule!  
All your friends, and relations abandon you,  
You groan, sigh and moan in a corner.  
Doubtless the days of youth are the days of glory.  
If you spend this period in Tapas and meditation,  
In selfless service, devotion and self-restraint;  
If you lead the life of single-blessedness!

**35. CLING TO LORD'S FEET**

O ignorant man can your wife and sons  
Help and guide you in the hour of danger?  
Can your so-called friends protect you  
When the messengers of Death arrive?  
Can the wealth which you have earned  
Through great toil, fraud and lies  
Save you from the hands of Death?  
Cling to the feet of the Lord of compassion;  
Lead the divine life in right earnest;  
Discipline the mind, body and the senses;  
Roll the beads and sing His praise;  
Remember Him at all times;  
Feel His presence everywhere;  
You will soon attain Immortality and bliss.

**36. STAND UP AND CONFESS**

O Man! How ignorant thou art!  
Just as the owl likes darkness,  
So you like doing wicked deeds.  
You take pleasure in doing sins.  
You know by experience the pain  
That comes from falsehood and lust,  
And the happiness from truth and purity—  
And yet you have lost your understanding;  
You continue doing evil actions.  
What a shame! What a deplorable state!  
Stand up with a contrite heart.  
Confess, pray fervently before the Lord;  
Seek the company of saints and sages!  
You too will soon attain salvation.

**37. "KHOON KHARAB HOGAYA"**

When the blood is full and thick,  
The young man jumps and dances;  
Twists his moustache and denies God!  
It is all "I did this" "I know everything"  
"No one is equal to me" "I can do anything!!"  
He drinks, gambles, plays all mischief;  
Gets various sorts of diseases;  
Then comes to the doctor and says  
"Doctor Sahib, Khoon Kharab Hogaya,"  
And takes 606 and 914 injections!  
His face is pale now;  
He walks with tottering steps;  
He hides his face in shame;  
He drags a cheerless existence!  
O Man! when you are full-blooded,  
Think of God, be good and do good;  
Walk in the path of righteousness;  
Approach the saints and follow their instructions;  
You will reap a rich harvest of peace!

**38. WHO WILL HELP YOU, O SINNER?**

Years are advancing;  
Hands are trembling;  
Teeth are shaking;  
Hair are growing grey;  
Intellect is waning;  
Memory is failing;  
Diseases are trampling;  
Senses are becoming cold;  
Limbs are not moving;  
Feet are tottering;  
Face is losing lustre;  
Eyes are sinking;  
Eye-sight is getting dim;  
Relatives are in hot-haste arriving;  
They are crying "It is all up, all up!"  
Thus when dreadful death comes,  
Who will help you, O Sinner?  
O Man! Start singing Hare Rama;  
Pray, meditate;  
All miseries will come to an end;  
You will attain immortal bliss.

**39. PASSION BYE PRODUCTS**

Children are the passion bye-products  
Of Mammy and Daddy,  
Mamma and Pappa, Amma and Appa.  
The lust-fire melts the butter-mind;  
The products are multiplying with great speed!  
As there is no self-restraint,  
Man does not think at that moment  
Whether he will be able to support them or not.  
Beggars are multiplying rapidly—  
It is a heinous crime  
To bring forth a child  
If you cannot support and educate.  
Study “Practice of Brahmacharya” and practise.  
Children are sources of misery.  
They bind you to the wheel of Samsara.  
They intensify Moha and attachment.  
They are Maya’s tempting baits.  
Lead a life of single-blessedness.  
And attain the goal quickly.

## CHAPTER VII

### **KILL THE BRUTE NATURE**

#### **40. KILL THE BRUTE IN YOU**

O brute! You have the cruelty of a tiger;  
The cunningness of a fox,  
The ferocity of a lion,  
The venom of a cobra,  
The sting of a scorpion in your words,  
The clinging of a monkey;  
Anger is a brutal nature,  
Lust is brutal instinct.  
Kill the brute in you!  
Then alone you can attain divinity.  
Cultivate mercy, sympathy, compassion,  
Forgiveness, patience, non-violence;  
Practise Brahmacharya;  
Serve the humanity with divine Bhava;  
The brute in you will perish quickly!

**41. DESTROY THE CRAVING SEED**

There is no craving in an American for Sambar  
and Rasam;

There is no craving for smoking and drinking  
in a teetotaller;

There is no craving for meat in a vegetarian;  
Habit generates craving!

Craving is the seed for all births and deaths;

Craving causes restlessness and uneasiness;

Craving is the cause of all troubles and pain;

Craving is Maya's jugglery and trick;

Maya deludes the Jiva through craving;

Craving is inveterate or deep-rooted;

Craving is an enemy of peace and devotion  
and Brahma Jnana;

Craving is the root of the Samsara;

Craving binds you to the wheel of births and deaths

Craving is born of ignorance;

Destroy this craving seed through dispassion  
and meditation

And attain the supreme abode of Immortal Bliss!

## CHAPTER VIII

### ABANDON APING

#### 42. AMERICAN FASHION

Fashion is raging in America—  
A woman always carries her powder-bag,  
Compact and Manicure;  
Even in the street she looks at her face,  
Applies rough, lip-stick, powder, pencils the brow.  
Even at the dining-table she does the same.  
She has no sense of modesty and elegant manners.  
Even in dream she applies powder and rouge.  
This artificial painting mars her natural beauty.  
She appears like a doll or devil.  
She is ever thinking of her body alone.  
She worships the flesh, bone and hair—  
The leather bag of pus and wool.  
What a great shame and folly!  
She is a slayer of Atman or the pure Soul.  
Such women are horizontal beings without tail.  
This infection has spread to India also.  
Indian woman also imitate.  
The monkey mind ever imitates.  
O woman! Abandon this devilish fashion.

Become pure, simple and natural.  
Slay not your inner soul.  
Think ceaselessly of the blissful Atman,  
The Beauty of beauties, Infinite Beauty,  
And attain freedom, perfection and immortality.

**43. GIVE UP VILE IMITATION**

Many drink Bhung or Cannabis Indica,  
And say "Bhung is very pleasing to Lord Siva;  
The Lord Himself takes lot of Bhung;  
So we also take Bhung."  
But friends! Lord Siva drank the poison-  
Can you also do like this?  
Why do you practise vile imitation?  
Lord Siva is the Ruler of the fourteen worlds;  
But you cannot have a rule  
Even in your own house.  
You are an absolute-slave of your wife;  
You are a slave of passions and appetites!  
Siva's Bhung is the nectar of Immortality;  
It is surely not the drink of Cannabis Indica.  
Abandon all vile imitations and Asuric qualities.  
Imitate and become a Saint or a Yogi.  
Place noble, sublime ideals before you.  
Tread the path of virtues and attain God-realisation.

**44. YOUR REAL FRIEND**

Tell me, friend, what do you really find in this illusory world — happiness or pain?

Have you now understood the illusory nature of this world?

This world is a mere show.

The mind and the senses are deceiving you at every moment.

You have mistaken pain for pleasure.

Will your son, or daughter, or friend, or relative, help you when you are about to die?

Have you got one sincere, unselfish friend in this world?

All are selfish.

There is no pure love.

But that Lord, your real immortal friend and father who dwells in your heart, will never forsake you though you may forget Him.

Adore Him in silence, that God of gods,  
that Divinity of divinity, Highest of the most high.  
May He bless you with His love, wisdom, power,  
and peace!

CHAPTER IX

# MIND IS ALPHA TO OMEGA

45. HEAVEN AND HELL

Mind makes a heaven of hell and hell of heaven,  
Mind is the cause of bondage and liberation!  
An impure mind (Asuddha Manas) binds you;  
A pure mind (Shuddha Manas) liberates you.  
An impure mind creates heaven and hell;  
A pure mind takes you to the Eternal.  
From the absolute view point there is neither  
heaven nor hell

It is all Brahman and Brahman alone.  
Heaven and hell are states of mind  
He who has a Sattvic mind is in heaven;  
He who has a Rajasic-tamasic mind is in hell.  
He who is lustful, angry, malicious and greedy is in  
hell;  
He who is merciful, generous, truthful and pious  
is in heaven.

From a relative view-point,  
Indraloka is heaven;  
Raurava, Maha Raurava, Kumbhaipaka are hells.  
In heaven the virtuous soul enjoys Divya Bhoga,  
Moves in celestial cars, drinks nectar, Soma juice,



## **46. PRINCE AND THE JACKAL**

A prince went into the forest for hunting.

A jackal ran away quickly.

Other beasts asked, "O Jackal, why do you run away?"

The prince always comes to kill tigers only.

The jackal replied.

"The prince may mistake me for the cub of a tiger.  
And shoot me instantly."

In this world people entertain false imagination

like the jackal

They fight, quarrel and do mischief.

The daughter-in-law falsely imagines

That her mother-in-law is ill-treating her.

She quarrels with the mother-in-law,

And converts the house into a terrible hell.

O man, give up false imagination and misunderstanding

Meditate and rest in peace.

**47. LIVE IN BOUNDARYLESS REALM**

How did this boundary question come  
In that boundaryless Infinite?  
Boundary arises out of ignorance;  
It splits and causes dissensions;  
It limits, constricts and circumscribes;  
It narrows the vision and the heart contracts the heart.  
There is really neither Kalastan nor Pathanstan  
O ignorant little man! Give up fighting  
Live in the eternal, boundaryless realm  
Of perennial joy and Immortal Bliss!

## CHAPTER X

### LEAD A CAREFREE LIFE

#### 48. CURE FOR ANXIETIES

You have anxiety for food,  
When the stomach is full.  
You have anxiety for cloth and money,  
When you have cloth and money.  
You have anxiety for the body cough.  
Cough and fever trouble you;  
You are anxious "Will this be T.B. or Pneumonia?"  
Even when you are healthy,  
You are anxious about your wife and children—  
My fifth daughter is pregnant;  
My fourth son has appeared for M.B.B.S., examination.  
Even when everything is all right,  
You are anxious about your business,  
Even when business is flourishing.  
You are anxious "That man will stab me  
This man will loot me, and throw bomb;  
I may die of cholera or typhoid."  
O ignorant man! Turn your mind towards God;  
Repeat His name, sing His glory, meditate;  
All anxieties will come to an end;  
You will enjoy eternal bliss!

### 49. BIRDS ARE VERY HAPPY

The birds and animals are very happy;  
 They are free from cares, worries and anxieties;  
 They possess more self-restraint;  
 They are not greedy, lustful and proud;  
 They do not care for possession;  
 They are not dissatisfied and discontented;  
 They do not loot, stab and burn houses;  
 They do not fly to U.N.O.  
 To represent their grievances;  
 They do not go to Vienna  
 For any operation or consultation;  
 They do not build bungalows;  
 They do not want "Pencillin" or M. & B.!  
 They eat some herbs here and there  
 And maintain wonderful health.  
 They do not want sweater and over-coat.  
 Not one kneels to another.  
 Not one is unhappy over the entire universe.  
 O Foolish Man! Learn lessons from them  
 And roam about happily for ever."

## CHAPTER XI

### ADMONITIONS

#### 50. BLISS AND PLEASURE

Bliss comes from one's own Atma within  
Pleasure comes from contact with objects.  
It is reflection of bliss on mind on objects.  
Spiritual bliss is the highest bliss.  
It is continuous, uniform and eternal.  
It is enjoyed by the sage only.  
The happiness enjoyed by other beings  
Is merely a fraction thereof.  
The pleasure of human beings is broken  
By sorrow, pain, dejection and failure.  
Spiritual bliss is bliss of one's own Soul.  
It is transcendental bliss. It is independent of objects.  
Whereas sensual pleasure depends upon objects.  
If you begin to think seriously,  
Sensual pleasure is pain only.  
It is Bhranti-sukha, illusory  
It is a little satisfaction of nerve-itching,  
For the worldly-minded, ignorant persons.  
It is worthless for a Viveki and enquirer.

### 51. BEWARE OH! ASPIRANTS

A desire to see woman becomes a desire to talk  
 A desire to talk becomes a desire to touch;  
 A desire to touch becomes a desire to unite!  
 Maya's tricks are wonderful and inscrutable.  
 O aspirants, beware, beware, beware.  
 Be cautious, be vigilant, be on the alert.  
 Live amidst Sadhus in seclusion.  
 Seclusion and Satsangah are impregnable fortresses,  
 To guard you against all temptations.  
 Take refuge in the Lord's Name.  
 Sing Lord's praise, do Japa and meditate.  
 Nothing can attract you, nothing can tempt you.  
 Study again and again "Lives of Saints"  
 "Bhartrihari Shatakam" and "How to Get Vairagya."  
 Strengthen dispassion, Discrimination and  
 Vichara Sakti.

**52. FORMS OF LUST**

Lustful gazing at women;  
Talking on love matters and about women;  
Gluttony, too much sleep;  
A desire to be in the company of women:  
To talk to them openly and in private;  
And to hear their music;  
To use scents of all sorts and sandal paste;  
To wear garlands of flowers;  
To beautify the skin with cosmetics;  
To wear gaudy dress, ties, rings, necklaces, etc.  
To read novels and to use soft beds;  
To walk with ladies;  
To look at pictures of women with lust;  
To look at ladies in a nude or half-nude state;  
To look in the mirror very often;  
To dress the hair in different ways;  
Are all forms of lust. Abandon all these.  
Practise purity in thought, word and deed.  
And get established in Satchidananda Svaroopa.

**53. DESIRE BRINGS PAIN**

Uncertainty of success is the first cause of pain  
Failure increases the pain.  
If your plans are obstructed  
There is cause for irritation.  
If others stand in your way of realising your desires,  
They become your enemies.  
If you are not powerful enough to revenge on them,  
You get dejection.  
Therefore, become desireless  
And realise the Immortal Bliss of Atman.

#### 54. RENOUNCE ALL OBSTACLES

Vibhishana abandoned his brother Ravana;  
Mira and Gopies deserted their husbands;  
Bharata abandoned his mother Kaikeyi;  
Bali deserted his Guru Sukracharya;  
Prahlada abandoned his father Hiranyakashipu;  
Buddha abandoned his father wife and son—  
All these persons are considered  
As benefactors of the world.

Brother, husband, mother, father, wife and son  
Is no brother, husband, mother, father, wife and son,  
If he or she stands in your way of attaining  
God-realisation,

He or she becomes your dire enemy.  
Abandon ruthlessly any person  
If he becomes an obstacle in your God-realisation.

**55. ABANDON THESE THREE**

Abhimana Surapanam Gauravam Rauravam Samam;  
Prathista Sookari Vishta Trayam Tyaktva Harim  
Bhajet.

Abhimana is an intoxicating liquor.

Gaurava is like the Raurava hell.

Prathista or fame is like the dung of a pig.

Abandon all these three ruthlessly;

And start Hari Bhajan or the divine path.

All these three are obstacles in meditation.

Fame brings the downfall of a Sadhaka.

Abhimana and Gaurava stiffen egoism and pride.

The Sadhaka ascend the ladder of Yoga

And reach the peak of perfection or Samadhi

Only if he abandons these three obstacles on the path.

## **56. SRI THEEN ZERO “000” BRISHTANANDAJI MAHARJ**

### 57. MESSAGE OF FREEDOM

Om, Children of Immortality!  
 The Lord is within you.  
 He is seated in the hearts of all beings.  
 Whatever you see, hear, touch or feel is God.  
 Therefore, hate not anybody, cheat not anybody,  
harm not anybody.  
 Love all and be one with all.  
 You will soon attain eternal bliss and perennial joy.  
 Be self-disciplined. Be simple and harmonious in  
thought, feeling, diet and dress.  
 Love all. Fear none. Shake off lethargy, laziness, fear.  
 Lead the Divine Life. Be a seeker after truth or reality.  
 Understand sorrow and conflict through enquiry and reflection.  
 Move towards freedom, perfection and eternal  
bliss every second.  
 Is there anyone among you who can say with  
 emphasis and force: "Now I am a deserving aspirant.  
 I am yearning for Moksha. I have equipped myself  
with the four means.  
 I have purified my heart through selfless service,  
Kirtan and Japa.  
 I have served the Guru with faith and devotion and  
 I have attained his grace and blessings."  
 That man can save the world.  
 He will soon become a cosmic beacon-light, a  
 unique torch-bearer of wisdom, a dynamic Yogi.

## CHAPTER XII

### YOUR REAL NATURE

#### 58. COSMIC POWER HOUSE

The individual souls are like the electric bulbs;  
The bulbs get their light from the power-house.  
The Jivas get their power from Brahman—  
The infinite cosmic power-house.  
The bulb imagines “I am independent,”  
It vainly boasts of its effulgence and power;  
It has no idea of its source.  
When the current fails,  
It puts its head in shame;  
It repents and weeps.  
Even so the Jiva brags out of his egoism.  
“I know everything. I can do anything.”  
That is my bungalow, she is my wife.  
There is no God.  
He has no idea of Brahman, the source.  
He eats, drinks, dresses and sleeps.  
He leads a miserable Asuric life.  
He repents and weeps in old age.  
O fool! O dunce! know the source  
Through purity, devotion, Tapas and meditation  
And enjoy supreme peace and eternal bliss.

### 59. THIRD WORLD WAR

The third world war is threatening  
 It will quell the pride of the nations.  
 Where is Japan now? Where is Germany now?  
 Where is Hitler now? Where is Mussolini now?  
 Both parties are now counting their atom bombs.  
 Atom bombs are their asset and strength.  
 Everybody wants to be a leader.  
 Everybody wants to rule over others.  
 Everybody wants power.  
 Everybody wants to be a President or a Dictator.  
 Everybody wants to rule over the whole world.  
 Nobody wants to tap the source by looking within.  
 Ignorance is the cause of war.  
 Passion and greed excite the man.  
 And make him forget his divine nature;  
 Universal brotherhood, oneness of humanity  
 The teachings of Prophets, the truth of Scripture.  
 He develops head-strong and weak-hearted nature.  
 He hates and kills others ruthlessly.  
 How overwhelming is delusion!  
 It hurls down even mighty intelligent persons  
 Into the dark abyss of ignorance.  
 O Man! Wake up from the slumber of ignorance  
 Know thyself and be free.  
 Understand the oneness of life and consciousness.  
 Learn to discriminate and become wise!

## 60. YOUR WIFE BECAME A WIDOW

Once a man went to receive a friend of his  
At the Railway Station on his arrival after a long time.  
The friend on meeting him enquired  
Whether all his friends and relatives are well.  
The man replied, "Yes! all are well  
But there is only one sorry news and  
That is your wife recently became a widow!"  
As his friend was a simple and artless man,  
He began to weep very bitterly,  
And beat his breast severely,  
Then the man explained to his friend  
"Do not be foolish, O Ram,  
How can your wife become a widow when you are  
alive?"  
Thereupon he gained strength slowly.  
Such is the delusion of the worlding.  
He takes this perishable body as the immortal soul,  
And creates all sorts of "mine-ness."  
He weeps on account of Moha.  
The merciful sage consoles him,  
And gives him instructions.  
O man, you are not this mortal body.  
You are in essence 'Satchidananda Svarupa,  
Wake up from the slumber of ignorance.  
"Tat Tvam Asi." That Thou art."  
Thereupon He gains spiritual strength  
Meditates and attains Self-realisation.

### 61. WEEP NOT, STAND UP

Give up this Moha or delusion—  
 The soul dies not, decays not;  
 It is immortal, unchanging, eternal!  
 You do not gain anything by shedding tears  
 “My son, My darling, My husband; you are dead.  
 By lamenting you make the soul earth-bound.  
 And hinder his march towards heaven.  
 Death is for regeneration and growth.  
 Do not be afraid of death.  
 Say, “Welcome death! Welcome.”  
 It is like changing of old clothes.  
 In reality there is neither birth nor death.  
 Birth and death are illusory scenes.  
 In the Mayaic drama of mundane life.  
 It is shadow, dream, mirage, bubble, snake-in-the-rope.  
 Grieve not; regret not; fear not!  
 Be bold, be cheerful, be courageous, be adamant!  
 He still lives in your heart  
 His actions and qualities serve as beacon-light  
 To guide you to lead the Life Divine.  
 He is still guiding you,  
 From his new abode of perennial joy and  
 eternal sunshine.  
 Substance or Brahman alone exists  
 “Thou art That”— “Tat Tvam Asi” in essence  
 Yield not to impotence, O Ram! O Sushila!  
 Shake off this paltry chicken-heartedness;  
 Stand up like a lioness and roar OM OM OM.

**62. GO BACK TO YOUR ORIGINAL ABODE**

This is a world of sin and sorrow;  
This is world of pain and grief;  
This is a world of decay, disease and death;  
This is a world of scorpion sting, mosquito bites;  
This is a world of censure and dishonour;  
This is a world of disappointment and failure;  
This is a world of opposites and bondage;  
This is a world of hatred, jealousy and enmity;  
This is a world of loss and riots;  
Maya is deluding you.  
She has given a little pleasure-polish over painful  
objects,  
To deceive you, to tempt you.  
Beware, be cautious, wake up from the slumber  
of ignorance.  
There is not an iota of pleasure here.  
Go back to your original abode of eternal bliss.

**63. WAKE UP, DARLING!**

Wake up, darling, wake up!  
Forget not your essential, divine nature.  
“I am a Brahmin.” “I am a doctor”  
“She is my wife” “This is my house”  
“He is my daddy” “She is my mummy”  
“He is my son,” “I did this” “I enjoyed that”  
“I am the body,” “I am tall and black.”  
This is a terrible falsehood  
Thou art neither the body, nor the mind;  
Abandon “I-nes” “mine-ness”—  
Agency, doership and enjoyship.  
Thou art the “Absolute!” Thou art Atman!  
“Tat Tvam Asi” “Tat Tvam Asi”  
“Thou art That,” “That thou Art”!

**64. THE LITTLE "I" FUSED**

I sat alone on a black stone  
On the banks of the Ganges or Bhagirathi.  
Mother Ganges blessed me.  
I meditate OM and its meaning—  
The Word that is the symbol of Brahman.  
The little personality was lost.  
The mortal limit of the Self was loosened;  
But there was infinite extension.  
I entered into the Nameless beyond;  
I realised the quintessential unity of bliss.  
No words can describe the thrill of joy,  
The magnanimous mystic experiences,  
The supremest and divinest height of felicity!!  
The little "I" fused into the incandescent brilliance.  
Two become one now  
It was all Tejomaya Ananda—  
One Mass of transcendental light Bliss.

**65. I LIVE IN SILENCE**

The world may call me good or abuse me;  
I do not care now for the criticism of the world.  
Why should I when my abode is transcendental?  
I am now above good and evil, censure and praise.  
I have no connection with the body and mind.  
I have neither hope nor fear.  
What have I to do with this world?  
I am now swimming in the ocean of Brahmic bliss.  
I do not want anybody's favour or recommendation.  
I do not wish to interview anybody.  
I care not for anybody's company or help.  
I live in Silence, enjoy silence: I am silence.  
Friends, Chelas, Chelees and all—  
Leave me now please  
Good-bye!

**66. MY SWEET ABODE**

I am the tongue of Kalidasa,  
The head of Sri Sankara,  
I am the hand of Raja Janaka,  
The eye of Arjuna,  
I am the heart of Buddha,  
The ear of Dattatreya,  
I am the face of Cupid,  
The body of Vyasa,  
I am the ear of Vasishtha.  
The breath of Patanjali Maharshi,  
I am the feet of Lord Krishna.  
The nose of Lord Rama.  
I dwell in thy heart;  
That is really my sweet abode!

**67. MINE IS THE SOVEREIGNTY SUPREME**

Hiranyagarbha is born of me;  
Indra, Varuna and Yama are my attendants—  
They carry out my commands.  
Maya is my power.  
The seven Rishis are my messengers.  
The Guardians of the Quarters  
Are my gate-keepers.  
I am the ruler of the three worlds  
Of all Emperors, Kings and Cabinets.  
My dominion is limitless.  
My treasury is inexhaustible.  
Kubera is my treasurer.  
Vayu move my Cosmic Punka.  
Varuna waters the main roads.  
Agni sweeps my verandah.  
Surya superintends the power-house.  
Parjanya looks after the garden.  
Mine is the Sovereignty Supreme!

**68. MAYA'S MESHES**

O Ignorant Man!  
Do not fall into the Meshes of Maya!  
The whole world is a net of Maya,  
To entrap the ignorant, deluded souls:  
Be careful, be on the alert, beware!  
The entire universe is Avidya's false glittering.  
It is full of snares and temptations.  
Colour, sound and touch are Her tempting baits;  
Women, money and power are Her allurements;  
Sweet-meats, flowers and gold are Maya's charms—  
Everything in this world is perishable,  
All objects tickle the nerves, for a minute:  
Beauty fades, money moves from hand to hand:  
Youth decays, old age and disease take hold of you.  
Death is ever waiting to devour you.  
There is not even an iota of pleasure in objects;  
Pain is mistaken for happiness;  
Mind and senses are playing tricks.  
Wife quarrels, sons take you to the court;  
Censure and scandal torment you:  
Heat, cold, scorpions, bugs, etc., tease you:  
Develop dispassion and discrimination.  
Meditate on the ever-blissful Atman;  
And roam about happily:  
So says Sivananda.

**69. OCEAN OF SAMSARA**

This Samsara is a vast ocean;—  
Desires are the crocodiles,  
Egoism is a big whale  
Raga-dvesha are the sharks;  
Very few have crossed this ocean.  
You can cross the Atlantic easily,  
But it is a difficult to cross the Bhava Samsara.  
Sankara and Dattatreya had crossed this Samsara.  
They were undaunted heroes indeed;  
They have shown us the way to cross:  
They were verily dexterous Captains.  
Follow their advice to the very letter.  
You too can cross this ocean,  
Satsanga is your life-boat,  
Vichara is your rudder;  
Discrimination is your mariner's compass:  
Equip yourself with the four means.  
Use the anchor of dispassion  
When the wind of passion blows:  
And reach the other shore of Immortality.  
So says Sivananda.



## SRI SWAMI SIVANANDA

Born on the 8th September, 1887, in the illustrious family of Sage Appayya Dikshita and several other renowned saints and savants, Sri Swami Sivananda had a natural flair for a life devoted to the study and practice of Vedanta. Added to this was an inborn eagerness to serve all and an innate feeling of unity with all mankind.

His passion for service drew him to the medical career; and soon he gravitated to where he thought that his service was most needed. Malaya claimed him. He had earlier been editing a Health Journal and wrote extensively on health problems. He discovered that people needed right knowledge most of all; dissemination of that knowledge he espoused as his own mission.

It was divine dispensation and the blessing of God upon mankind that the doctor of body and mind renounced his career and took to a life of renunciation to qualify himself for ministering to the soul of man. He settled down at Rishikesh in 1924, practised intense austerities and shone as a great Yogi, saint, sage and Jivanmukta. In 1932 he started the Sivanandashram. In 1936 was born The Divine Life Society. In 1948 the Yoga-Vedanta Forest Academy was organised. Dissemination of spiritual knowledge and training of people in Yoga and Vedanta were their aim and object. In 1950 he undertook a lightning tour of India and Ceylon. In 1953 he convened a 'World Parliament of Religions'. He is the author of over 300 volumes and has disciples all over the world, belonging to all nationalities, religions and creeds. To read his works is to drink at the Fountain of Wisdom Supreme. On 14th July, 1963 he entered Mahasamadhi.